

*A partnership aimed at building and strengthening the Rainier Valley by improving the health of its residents through culturally relevant promotion of physical activity and nutrition.*

## **“We want safe streets!” say seniors at recent hearing**



Jinnie Johnson and Joanne Mehus

“We’ve had many people injured or killed right in front of our center and something needs to be done!” said a senior speaking last week at the City Council’s Pedestrian Safety Hearing.

Twelve seniors made the trek to speak out and present a letter to the mayor on the need for longer crossing times, better signage and other safety improvements at the Holly and Rainier Avenue South intersection next to the SE Senior Center.

For more info please see the SE Transportation Study at: [www.seattle.gov/transportation/ppmp\\_sets.htm](http://www.seattle.gov/transportation/ppmp_sets.htm) or contact Ruth at: [ruthe@seniorservices.org](mailto:ruthe@seniorservices.org)

## **Healthy foods are fun at Rainier Community Center childcare**



Food pyramid made by children at RCC childcare program.

The RCC Childcare Program is making learning how to have a healthy body fun!

For more information contact Edith at: [rainier.childcare@seattle.gov](mailto:rainier.childcare@seattle.gov)

## **“Shop Cambodia”**



Jeniffer working with two participants during a healthy cooking demonstration.

“Shop Cambodia” consisted of five classes on nutrition to treat and prevent diabetes amongst the local Cambodian population. Jeniffer Huong, Cambodian Caseworker/Cultural Mediator worked with five leaders in the Cambodian community who agreed to attend the classes then teach what they learned to at least five other people. Jeniffer organized and led the class discussions and served as the translator for the meetings.

The following classes were taught: reading labels, basic diabetes, how to do a shop around and a cooking class on “Cambodian Baked Lemongrass Chicken” and “Chinese Broccoli with Oyster Sauce”.

For more information please contact Jennifer at: [jhuong@u.washington.edu](mailto:jhuong@u.washington.edu)

## Columbia City Farmer's Market is here!



The market is now open on Wednesdays from 3 - 7 p.m.. WIC and Senior coupons are accepted.

## Upcoming Events

- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 p.m.
- **Community kitchen** 2nd Thursdays from 6:30-8:30 p.m. at Rainier Community Center
- **Columbia Farmers Market** Wednesdays from 3 - 7 pm
- **Diabetes classes** at Rainier Beach Community Center starting in July - contact Nelson for more info: [lopezn@psnhc.org](mailto:lopezn@psnhc.org)
- **"Unnatural Causes"** series showing at SE Senior Center and Rainier Community Center starting in July - contact Diana for more info: [Diana.vinh@kingcounty.gov](mailto:Diana.vinh@kingcounty.gov)
- **Rainier Heritage Parade and Healthy Bite** Saturday, August 16th contact Susan Davis for more info: [mail@rainierchamber.com](mailto:mail@rainierchamber.com)

## Soccer with Iglesia



Iglesia de la Luz del Mundo has two soccer teams practicing this summer to play this fall in the Mt. Baker Seward Park Club. Practices are Wednesdays from 8:00 to 9:00 p.m. and Saturdays from 12:00 p.m. to 1:00 p.m. at the Gene-see fields. For more information or to help out at practices please contact Matt Nguyen from Apple Corps at: [mattn@solid-ground.org](mailto:mattn@solid-ground.org).

## 1/2 marathoners going strong



Seniors and friends at a training walk. The marathon is June 29th. Info at: [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

## "Unnatural Causes" viewings

The award winning PBS series on why Americans are sick, (despite all the money we spend on healthcare), will be shown:



- Wednesdays July 9th to August 20th from 6:00 to 7:30 p.m. at the Rainier Community Center
- Mondays July 7th to August 18th from 6:00 to 7:30 p.m. at the Southeast Senior Center

## Members



- Genesee Merchant's Assoc.
- AARTH Ministries